

## Claims

- [1] A Nelumbinis Semen extract having antidepressive activity, which is prepared by extracting Nelumbinis Semen with hot water.
- [2] The Nelumbinis Semen extract having antidepressive activity according to claim 1, wherein the hot water extraction is carried out at 80-100°C for 1-3 hours.
- [3] The Nelumbinis Semen extract having antidepressive activity according to claim 1, which is prepared by a method further comprising, after the hot water extraction, filtering a resulting extract to be concentrated and freeze-drying a resulting concentrate.
- [4] The Nelumbinis Semen extract having antidepressive activity according to claim 1, wherein the hot water extraction is carried out under reflux.
- [5] A pharmaceutical composition for treating depression, comprising the Nelumbinis Semen extract prepared according to any one of claims 1 to 4 as an effective component.
- [6] A health food for treating depression, comprising the Nelumbinis Semen extract prepared according to any one of claims 1 to 4 as an effective component.